



Year 11 Personal Development Curriculum 2025-26

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2025

Date	Topic	Strand	Additional notes
1 st September	Welcome back – goal setting	HE	Aims for the coming academic year and how to measure achievement.
8 th September	Study skills	HE	Session focusing on a range of effective strategies to study.
15 th September	Study skills	HE	Session outlining effective revision tips.
22 nd September	Preparing for mocks and managing stress	HE	Broad discussion of stress and how it can impact on effective studying. Strategies to avoid stress and where to source help if struggling in school.
29 th September	Managing stress & building resilience	HE	Focus on how to be a resilient learner.
6 th October	Long term effects of drug abuse	HE	A session focusing on the effects of drugs on users physical and mental health and the social impacts of drug addiction.
13 th October	Self-examination	HE	A medical session outlining how to effectively self-examine for types on cancer.
20 th October	Black History Month	SMSC	An investigation into the contribution of black British individuals to society.

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	Action Steps	CAR	Review of steps towards a learner's ideal career. You will identify individual actions to be completed by the end of Year 11. You will identify actions required for post-16 transition.
10 th November	How are you doing?	CAR	You will review factors which can influence your post-16 decision making. You will identify individual progress for decision making and transition to post-16.

17 th November	Careers Ideas	CAR	By the end of this lesson you will have explored skills and interests suitable for Post-16 options and careers.
24 th November	Qualifications	CAR	You will explore post-16, Full time education options and what they entail. You will explore A Levels and T Levels.
1 st December	Qualifications and Equivalents	CAR	You will explore post-16, Full time education options and what they entail. You will explore Technical, Vocational and applied Qualifications.
8 th December	Apprenticeships	CAR	You will explore post-16 options that combine work and study. You will explore Traineeships and Apprenticeships.
15 th December	Mock results	CAR	Setting goals/targets after receipt of mock grades.

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	Humanism	RS	Investigation into Humanist beliefs about the purpose of life.
12 th January	Environmental Responsibility	RS	Explore Humanist views on environmental responsibility.
19 th January	Origins of Human Life	RS	Investigation into Humanist beliefs about the origins of human existence.
26 th January	Speciesism	RS	Explain arguments for and against speciesism.
2 nd February	Dignity in Dying	RS	To understand the Humanist view on euthanasia and what it means.
9 th February	Financial Education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Financial education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.
2 nd March	Pregnancy	HE	To identify the stages/symptoms of pregnancy Understand how pregnancy affects your physical health and wellbeing
9 th March	Problems in pregnancy	HE	More emphasis on equality of parenthood for males in particular.

16 th March	Being a young parent	HE	Investigation of the challenges of being a young parent.
23 rd March	Miscarriage and Stillbirth	HE	Understand what is meant by miscarriage and stillbirth Identify possible emotional consequences of miscarriage and stillbirth Identify support systems that can be accessed

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Sexual Pressure	RSE	To understand the difference between pressure and coercion To identify sources of sexual pressure and aspects of healthy communication in an intimate relationship.
20 th April	Harassment, Abuse and Rape	RSE	Understand the legal consequences of harassment, abuse and rape Identify the consequences of harassment, abuse and rape Learn how and where you can access support as a victim
27 th April	Exam Period	RS	Preparation for examinations